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CLAIMS:

1. A method of locating a target site for delivering a therapy to a patient, comprising:
 - advancing a delivery device having a steerable portion and a deflectable tip having a tapered portion to an area corresponding to a first site;
 - further advancing the delivery device toward the first site;
 - advancing the delivery device within the first site; and
 - delivering the contrast media from the distal end of the delivery device within the first site to locate the target site.
2. The method of claim 1, further comprising delivering a contrast media through a thru lumen and outward from a distal end of the delivery device in fluid communication with the thru lumen to position the contrast media along the first site.
3. The method of claim 1, further comprising:
 - advancing the delivery device to the target site through the contrast media delivered within the first site;
 - advancing a guide wire through the thru lumen of the delivery device to the target site; and
 - advancing a pacing lead to the target site over the guide wire.
4. The method of claim 1, further comprising:
 - advancing a guide wire to the target site through the thru lumen of the delivery device and the contrast media delivered within the first site; and
 - advancing a pacing lead to the target site over the guide wire.
5. The method of claim 1, wherein advancing the delivery device to the area along the first site comprises:
 - advancing a guide catheter within the patient; and

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advancing the delivery device to the area along the first site via the guide catheter.

6. The method of claim 3, further comprising inserting the guide wire within the thru lumen prior to advancing the deliver device to the area along the first site.
7. The method of claim 1, further comprising advancing a guide catheter within the patient, wherein advancing the delivery device to the area along the first site includes advancing the delivery device through and outward from a distal end of the guide catheter.
8. The method of claim 7, further comprising advancing the guide catheter within the first site over the delivery device.
9. The method of claim 8, further comprising:
 - advancing the delivery device to the target site utilizing the contrast media delivered within the first site;
 - advancing the guide catheter over the delivery device to the target site;
 - removing the delivery device from the guide catheter; and
 - delivering the therapy to the target site through the guide catheter.
10. The method of claim 1, further comprising manipulating a manipulator wire during the advancing of the delivery device, wherein the delivery device includes a single shaft lumen having a first lumen portion positioned about the thru lumen and a second lumen portion, offset from and in fluid communication with the first lumen portion, the second lumen portion having a first side wall, a second side wall and a bottom wall extending between the first side wall and the second side wall, the thru lumen, the first side wall, the second side wall and the bottom wall positioning the manipulator wire within the second lumen portion.

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11. The method of claim 1, wherein advancing the delivery device within the first site comprises:

advancing a guide wire outward from the distal end through the thru lumen of the delivery device and within the first site; and
advancing the delivery device over the guide wire.

12. The method of claim 1, wherein the delivery device has an outer diameter of 7 French or less between a proximal end of the delivery device and a proximal end of the tapered portion, and the deflectable tip has an outer diameter of 6 French or less between the proximal end of the tapered portion and the distal tip.

13. The method of claim 1, wherein the deflectable tip is formed by a PEBA material loaded with jet milled tungsten carbide, and has a Durometer reading of 35D.

14. The method of claim 1, wherein the deflectable tip includes an outer wall and an inner wall forming a tip lumen in fluid communication with the thru lumen and a distal opening at the distal tip, and wherein the outer wall is spaced approximately 0.024 inches from the inner wall between a proximal end of the deflectable tip and a proximal end of the tapered portion, and is spaced approximately 0.012 inches from the inner wall between a distal end of the tapered portion and the distal tip, and wherein a distance between the outer wall and the inner wall gradually decreases between the proximal end and the distal end of the tapered portion.

15. The method of claim 1, wherein the first site is the coronary sinus and the target site is within a coronary sinus vein.

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16. A method of locating a target site for delivering a therapy to a patient, comprising:

- advancing a delivery device having a steerable portion and a deflectable tip having a tapered portion to an area corresponding to a first site;
- delivering a contrast media through a thru lumen and outward from a distal end of the delivery device in fluid communication with the thru lumen to position the contrast media along the first site;
- further advancing the delivery device toward the first site;
- advancing the delivery device within the first site; and
- delivering the contrast media from the distal end of the delivery device within the first site to locate the target site.

17. The method of claim 16, further comprising delivering a contrast media through a thru lumen and outward from a distal end of the delivery device in fluid communication with the thru lumen to position the contrast media along the first site.

18. The method of claim 16, further comprising:

- advancing the delivery device to the target site through the contrast media delivered within the first site;
- advancing a guide wire through the thru lumen of the delivery device to the target site; and
- advancing a pacing lead to the target site over the guide wire.

19. The method of claim 16, further comprising:

- advancing a guide wire to the target site through the thru lumen of the delivery device and the contrast media delivered within the first site; and
- advancing a pacing lead to the target site over the guide wire.

20. The method of claim 16, wherein advancing the delivery device to the area along the first site comprises:

- advancing a guide catheter within the patient; and

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advancing the delivery device to the area along the first site via the guide catheter.

21. The method of claim 18, further comprising inserting the guide wire within the thru lumen prior to advancing the deliver device to the area along the first site.

22. The method of claim 16, further comprising advancing a guide catheter within the patient, wherein advancing the delivery device to the area along the first site includes advancing the delivery device through and outward from a distal end of the guide catheter.

23. The method of claim 22, further comprising advancing the guide catheter within the first site over the delivery device.

24. The method of claim 23, further comprising:
advancing the delivery device to the target site utilizing the contrast media delivered within the first site;
advancing the guide catheter over the delivery device to the target site;
removing the delivery device from the guide catheter; and
delivering the therapy to the target site through the guide catheter.

25. The method of claim 16, further comprising manipulating a manipulator wire during the advancing of the delivery device, wherein the delivery device includes a single shaft lumen having a first lumen portion positioned about the thru lumen and a second lumen portion, offset from and in fluid communication with the first lumen portion, the second lumen portion having a first side wall, a second side wall and a bottom wall extending between the first side wall and the second side wall, the thru lumen, the first side wall, the second side wall and the bottom wall positioning the manipulator wire within the second lumen portion.

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26. The method of claim 16, wherein advancing the delivery device within the first site comprises:

advancing a guide wire outward from the distal end through the thru lumen of the delivery device and within the first site; and
advancing the delivery device over the guide wire.

27. The method of claim 16, wherein the delivery device has an outer diameter of 7 French or less between a proximal end of the delivery device and a proximal end of the tapered portion, and the deflectable tip has an outer diameter of 6 French or less between the proximal end of the tapered portion and the distal tip.

28. The method of claim 16, wherein the deflectable tip is formed by a PEBA material loaded with jet milled tungsten carbide, and has a Durometer reading of 35D.

29. The method of claim 16, wherein the deflectable tip includes an outer wall and an inner wall forming a tip lumen in fluid communication with the thru lumen and a distal opening at the distal tip, and wherein the outer wall is spaced approximately 0.024 inches from the inner wall between a proximal end of the deflectable tip and a proximal end of the tapered portion, and is spaced approximately 0.012 inches from the inner wall between a distal end of the tapered portion and the distal tip, and wherein a distance between the outer wall and the inner wall gradually decreases between the proximal end and the distal end of the tapered portion.

30. The method of claim 16, wherein the first site is the coronary sinus and the target site is within a coronary sinus vein.

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31. A method of locating a target site for delivering a therapy to a patient, comprising:

- advancing a delivery device having a steerable portion and a deflectable tip having a tapered portion to an area corresponding to a first site;
- adjusting deflection of a first portion of the delivery device relative to a second portion of the delivery device via a manipulator wire;
- delivering a contrast media through a thru lumen and outward from a distal end of the delivery device in fluid communication with the thru lumen to position the contrast media along the first site;
- further advancing the delivery device toward the first site;
- advancing the delivery device within the first site; and
- delivering the contrast media from the distal end of the delivery device within the first site to locate the target site, wherein the delivery device includes a single shaft lumen having a first lumen portion positioned about the thru lumen and a second lumen portion, offset from and in fluid communication with the first lumen portion, the second lumen portion having a first side wall, a second side wall and a bottom wall extending between the first side wall and the second side wall, the thru lumen, the first side wall, the second side wall and the bottom wall positioning the manipulator wire within the second lumen portion, and wherein the delivery device has an outer diameter of 7 French or less between a proximal end of the delivery device and a proximal end of the tapered portion, and the deflectable tip has an outer diameter of 6 French or less between the proximal end of the tapered portion and the distal tip.

32. The method of claim 31, wherein the delivery device includes a stainless steel braiding and has a Durometer reading of 72D along the first portion and is non-braided and has a Durometer reading of 40D along the second portion of the shaft.

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33. The method of claim 31, wherein the deflectable tip is formed by a PEBA material loaded with jet milled tungsten carbide, and has a Durometer reading of 35D.
34. The method of claim 31, further comprising:
advancing the delivery device to the target site through the contrast media delivered within the first site;
advancing a guide wire through the thru lumen of the delivery device to the target site; and
advancing a pacing lead to the target site over the guide wire.
35. The method of claim 31, further comprising:
advancing a guide wire to the target site through the thru lumen of the delivery device and the contrast media delivered within the first site; and
advancing a pacing lead to the target site over the guide wire.
36. The method of claim 31, wherein advancing the delivery device to the area along the first site comprises:
advancing a guide catheter within the patient; and
advancing the delivery device to the area along the first site via the guide catheter.
37. The method of claim 34, further comprising inserting the guide wire within the thru lumen prior to advancing the deliver device to the area along the first site.
38. The method of claim 31, further comprising advancing a guide catheter within the patient, wherein advancing the delivery device to the area along the first site includes advancing the delivery device through and outward from a distal end of the guide catheter.

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39. The method of claim 38, further comprising advancing the guide catheter within the first site over the delivery device.
40. The method of claim 39, further comprising:
advancing the delivery device to the target site through the contrast media delivered within the first site;
advancing the guide catheter over the delivery device to the target site;
removing the delivery device from the guide catheter; and
delivering the therapy to the target site through the guide catheter.
41. The method of claim 31, wherein advancing the delivery device within the first site comprises:
advancing a guide wire outward from the distal end through the thru lumen of the delivery device and within the first site; and
advancing the delivery device over the guide wire.
42. The method of claim 31, wherein the deflectable tip includes an outer wall and an inner wall forming a tip lumen in fluid communication with the thru lumen and a distal opening at the distal tip, and wherein the outer wall is spaced approximately 0.024 inches from the inner wall between a proximal end of the deflectable tip and a proximal end of the tapered portion, and is spaced approximately 0.012 inches from the inner wall between a distal end of the tapered portion and the distal tip, and wherein a distance between the outer wall and the inner wall gradually decreases between the proximal end and the distal end of the tapered portion.
43. The method of claim 31, wherein the delivery device includes a stainless steel braiding and has a Durometer reading of 72D along the first portion and is non-braided and has a Durometer reading of 40D along the second portion of the shaft, and the deflectable tip is formed by a PEBA material loaded with jet milled tungsten carbide and has a Durometer reading of 35D.